

# Todd Castleberry



## Courses Taught:

KINE 407: Exercise Prescription

## Educational Credentials:

Doctorate of Philosophy

Masters of Education

Bachelor of Science

Texas Woman's University; Denton, TX (Exercise Physiology), 2018

Louisiana State University; Baton Rouge, LA (Kinesiology), 2013

Louisiana Tech University; Ruston, LA (Kinesiology), 2011

## Teaching Experience:

Assistant Professor

Lecturer

Graduate Teaching Assistant

Graduate Teaching Assistant

Adjunct Faculty

Louisiana Tech University, 2020-present

Texas Christian University, 2018-2020

Louisiana State University, 2011-2012

Texas Woman's University, 2013-2018

Tarrant County College, 2013

## Professional Experience:

Exercise Physiologist

Pioneer Performance Clinic, 2016-2018

## Selected Publications:

1. Chen, Y. & **Castleberry, T.** (under review) Exercise motivations of law enforcement officers in northeast Louisiana.
2. **Castleberry, T.**, Singh, V., Hoof, Y., Roberson, S., Peveto, S., Ziepke, A., Reeves, C.S., Fisher, M., Kibodeaux, J., Martin, A., Jacques, L. (in prep) Assessment of blood pressure responses to various load bearing apparatuses in police officers.
3. **Castleberry, T.** Irvine, C., Gordon, R., Brisebois, M., Deemer, S., Henderson, A., Sokoloski, M., Ben-Ezra, V. (2020) The dose effect of whey protein on glycemic control in adults with insulin resistance. *International Journal of Food Science and Biotechnology*. doi: 10.11648/j.ijfsb.20200504.12
4. **Castleberry, T.**, Irvine, C., Deemer, S.E., Brisebois, M.F., Gordon, R., Oldham, M.D., Duplanty, A.A., Ben-Ezra, V. (2019) Consecutive days of exercise decrease insulin response more than a single exercise session in healthy, inactive men. *European Journal of Applied Physiology*. doi 10.1007/s00421-019-04148-z.
5. Deemer, S, **Castleberry, T.**, Irvine, C., Mathis, M., Newmire, D., Oldham, M., Rao, M., Yi, J., Nichols, D., Ben-Ezra, V., Biggerstaff, K. (2017) An acute bout of high intensity interval exercise increases 12.5h GH secretion. *Physiological Reports* doi: 10.14814/phy2.13563
6. Rigby, B. R., Bolte, J., Biggerstaff, K., Nichols, D., **Castleberry, T.** (2017) Cardiorespiratory responses during aquatic treadmill exercise and land treadmill exercise in older adults with type 2 diabetes. *Journal of Sports Medicine and Physical Fitness*. doi: 10.23736/S0022-4707.17.07445-X.
7. Rivas, E., Rao, M., **Castleberry, T.**, Ben-Ezra, V. (2017) The change in metabolic heat production is a primary mediator of heat acclimation in adults. *Journal of Thermal Biology*. doi.org/10.1016/j.jtherbio.2017.10.001.
8. Forney, L., Earnest, C., Henagan, T., Johnson, L., **Castleberry, T.**, Stewart, L. (2013) Vitamin D status, body composition and fitness measures in younger, physically active individuals. *Journal of Strength and Conditioning Research*, JSCR 28(3):814-824.

### **Selected Presentations (National):**

1. **Castleberry, T.**, Irvine, C., Oldham, M., Brisebois, M., Deemer, S., Gordon, R., Henderson, A., Ben-Ezra, V. (2018) The dose effect of whey protein on insulin responses in pre-diabetic and type 2 diabetics. *International Journal of Exercise Science*, vol. 2, issue 10. (Poster Finalist), and ACSM Annual Meeting.
2. Irvine, C., **Castleberry, T.**, Oldham, M., Brisebois, M., Deemer, S., Gordon, R., Henderson, A., Ben-Ezra, V. (2018) The dose effect of whey protein on gut hormone responses in pre-diabetic and type 2 diabetics. *International Journal of Exercise Science*, vol. 2, issue 10., and ACSM Annual Meeting.
3. **Castleberry, T.**, Ramirez, J., Deemer, S., Irvine, C., Rouwtt, D., Oldham, M., Ben-Ezra, V. (2017) The Effect of Exercise Pattern on Insulin Responses in Healthy, Young Males. *FASEB Journal* vol. 31, no. 1.
4. Deemer, S, **Castleberry, T.**, Irvine, C., Mathis, M., Newmire, D., Oldham, M., Rao, M., Yi, J., Nichols, D., Ben-Ezra, V., Biggerstaff, K. (2017) High-intensity interval exercise does not influence overnight GH secretion in overweight sedentary young women. *International Journal of Exercise Science*, vol. 2, issue 9., and ACSM Annual Meeting.
5. Rivas, R, Rao, M., **Castleberry, T.**, Ben-Ezra, V. (2016) Carbohydrate Metabolism Alters the Heat Acclimation Responses in Sedentary Individuals. *FASEB* vol. 30 no. 1 Supplement 1243.1.
6. Forney, L., Earnest, C., Henagan, T., Johnson, L., **Castleberry, T.**, Stewart, L. (2013) Vitamin d status, body composition and fitness measures in younger, physically active individuals. *ACSM Annual Meeting*.

### **Selected Presentations (State & Local):**

1. **Castleberry, T.**, Gordon, R., Sokoloski, M., Zumbro, E., Irvine, C., Henderson, A., Brisebois, M., Ben-Ezra, V. (2019) The combined effects of whey protein and aerobic exercise on glycemic responses. *ACSM Annual Meeting*.
2. Oldham, M., Brisebois, M., **Castleberry, T.**, Gordon, R., Kayed, O., Rao, M., Simpson, A., Sokoloski, M., Zumbro, E., Ben-Ezra, V., Biggerstaff, K. (2018) The effect of repeated 40 meter sprint trials on salivary cortisol in elite youth female soccer players. *International Journal of Exercise Science*, vol. 2, issue 10.
3. Robles, R., **Castleberry, T.**, Rigby, B.R. (2017) Can prediabetes be reversed after 12 weeks of lifestyle changes? *Student Research Symposium, Texas Woman's University*.
4. Brisebois, M., **Castleberry, T.**, Irvine, C., Deemer, S., Rigby, B. (2017) Physiological and fitness adaptations following eight weeks of crossfit Exercise. *International Journal of Exercise Science*, vol. 2, issue 9.
5. **Castleberry, T.**, Foreman, J., Codish, K., Deemer, S., Biggerstaff, K., Rigby, B. (2016) Cardiorespiratory Responses during Aquatic Treadmill Exercise and Land Treadmill Exercise in Adults with Diabetes. *International Journal of Exercise Science*, vol. 2, issue 8., and ACSM Annual Meeting.
6. **Castleberry, T.**, Ben-Ezra, V., Deemer, S., Niemann, T., Foreman, J. (2015) The Effects of deep water running on cold water immersion on muscle soreness. *International Journal of Exercise Science* Vol. 2 Issue 7.

**Grants:**

1. Blue Cross Blue Shield of Louisiana Foundation. **PI-Todd Castleberry**, Co-PI Jean Chen, Co-PI Vicky Green. Motivational Health Improvement Program in Law Enforcement Officers. Funded \$25,000 (2021).
2. Lagniappe Ladies Grant. **PI-Todd Castleberry**. Can Eye Training Improve Responses in Various Police Simulations. Funded \$3,886.70 (2021).
3. Toyota Racing Development. Advancements in Understanding Concussions and Their Acute Impact. **PI-Todd Castleberry**, Co-PI-Andrew Parks. Unfunded \$57,000 (2020).
4. Federation of American Societies For Experimental Biology. Travel Award. **PI-Todd Castleberry**. Funded \$1,500.00 (2018).
5. Texas Chapter American College of Sports Medicine. Student Research Development Award. **PI-Todd Castleberry**. Funded \$1,500 (2018).
6. Federation of American Societies for Experimental Biology. Travel Award. **PI-Todd Castleberry**. Funded \$1850.00 (2018).
7. Texas Woman's University. Travel Award. **PI-Todd Castleberry**. Funded \$250 (2015).
8. Federation of American Societies for Experimental Biology. Travel Award. **PI-Todd Castleberry**. Funded \$1,850.00 (2018).

**Certifications:**

Certified Personal Trainer, ACSM, 2011-present  
Certified Strength and Conditioning Specialist, NSCA, 2013-present  
Certified Phlebotomist, Central Texas Phlebotomy Institute, 2014  
Certified in CPR & First Aid

**Professional Memberships:**

NSCA: National Strength and Conditioning Association, 2012-present  
ACSM: American College of Sports Medicine, 2011-Present  
TACSM: Texas American College of Sports Medicine, 2013-2020  
APS: American Physiological Society, 2016